

Hereford Cross Country League 2008-2009

RACE 1		<u>HOLME LACY ----- MEN</u>			Date	19th. Oct.. 08
Pos	Team	Race Scores	Series Points	Cumulative Scores		
1	WYE VALLEY RUNNERS	18	20	20		
2	HEREFORD COURIERS	45	19	19		
3	CROFT AMBREY R.C.	60	18	18		
4	LEDBURY & DISTRICT HARRIERS	81	17	17		
5	WYE VALLEY RUNNERS 'B'	94	16	16		
6	HEREFORD COURIERS 'B'	97	15	15		
7	LUDLOW RUNNERS	107	14	14		
8	CROFT AMBREY R.C. 'B'	112	13	13		
9	HEREFORD TRIATHLON CLUB	126	12	12		
10	PRESTEIGNE PACERS	157	11	11		
11	HEREFORD COURIERS 'C'	158	10	10		
12	WYE VALLEY RUNNERS 'C'	178	9	9		
13	LUDLOW RUNNERS 'B'	199	8	8		
14	HEREFORD COURIERS 'D'	236	7	7		
15	WYE VALLEY RUNNERS 'D'	240	6	6		
16	CROFT AMBREY R.C. 'C'	252	5	5		
17	LUDLOW RUNNERS 'C'	267	4	4		
18	WYE VALLEY RUNNERS 'E'	280	3	3		
RACE 1	<u>HOLME LACY -----WOMEN</u>					
1	HEREFORD COURIERS	27	10	10		
2	HEREFORD & COUNTY A.C.	29	9	9		
3	CROFT AMBREY R.C.	30	8	8		
4	WYE VALLEY RUNNERS	35	7	7		
5	LUDLOW RUNNERS	44	6	6		
6	HEREFORD TRIATHLON CLUB	58	5	5		
7	WYE VALLEY RUNNERS 'B'	67	4	4		
8	LUDLOW RUNNERS 'B'	82	3	3		
9	WYE VALLEY RUNNERS 'C'	91	2	2		
10	CROFT AMBREY R.C. 'B'	108	1	1		

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RACE 1	<u>HOLME LACY WOMEN</u>	Date	19th. Oct. '08
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<u>Pos</u>	<u>Name</u>	<u>Club</u>	<u>Cat.</u>	<u>Time</u>
1	Clara Evans	Hereford & County A.C.	J	33.30
2	Suzanne Turvey	Croft Ambrey R.C.	J.F.	33.58
3	Alison Cooke	Hereford Couriers	FV45	34.48
4	Amy Carwardine	Hereford Couriers	S.F.	35.15
5	Nicky Turvey	Croft Ambrey R.C.	FV45	35.58
6	Mandy Evans	Presteigne Pacers	FV45	36.11
7	Jenny Jones	Ledbury & District Harriers	FV40	36.30
8	Gemma Morgan	Ludlow Runners	S.F.	36.39
9	Jenny Papworth	Hereford Triathlon Club	FV35	37.02
10	Kate Hunt	Wye Valley Runners	S.F.	37.06
11	Kathryn Wilks	Wye Valley Runners	S.F.	37.06
12	Christie Jones	Hereford & County A.C.	J	37.14
13	Celia Speake	Builth & District Runners	FV40	37.40
14	Beci Ansfield	Wye Valley Runners	S.F.	38.22
15	Sarah Coggins	Ledbury & District Harriers	FV45	38.51
16	Naomi Prosser	Hereford & County A.C.	J	38.54
17	Shelly Perkins	Ludlow Runners	S.F.	39.17
18	Imme Davies	Wye Valley Runners	FV35	39.24
19	Juliet Wheatley	Ludlow Runners	FV35	39.35
20	Jayne Littlewood	Hereford Couriers	FV50	39.43
21	Leanne Gregory	Ludlow Runners	S.F.	40.29
22	Jo Crissal	Hereford Triathlon Club	FV35	42.05
23	Rachel Nelson	Croft Ambrey R.C.	FV40	42.14
24	Ruth Mason	Wye Valley Runners	FV45	43.01
25	Jan Edwards	Wye Valley Runners	FV50	43.19
26	Zara Burford	Ludlow Runners	S.F.	43.22
27	Alison Fryer-Jones	Hereford Triathlon Club	FV40	43.41
28	Emma Gwilliam	Wye Valley Runners	S.F.	43.44
29	Jade Williams	Hereford & County A.C.	J	44.03
30	Boe Jones	Hereford & County A.C.	J	45.34
31	Charlie Hancock-Lashley	Wye Valley Runners	FV40	45.41
32	Christine Motteram	Wye Valley Runners	FV60	46.03
33	Catherine Percival	Croft Ambrey R.C.	S.F.	48.48
34	Kath Drabble	Hereford Triathlon Club	FV35	51.19
35	Sian Clarke	Ludlow Runners	S.F.	51.56
36	Sue Williams	Ludlow Runners	S.F.	52.31
37	Karen Preston	Croft Ambrey R.C.	FV35	56.27
38	Kim Wood	Croft Ambrey R.C.	S.F.	59.40

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<u>Pos</u>	<u>Name</u>	<u>Club</u>	<u>Cat</u>	<u>Time</u>
1	Matt James	Hereford Couriers	S.M.	46.11
2	Christian Jones	Wye Valley Runners	S.M.	46.19
3	Luke Mason	Wye Valley Runners	S.M.	46.44
4	Cliff Berry	Ledbury & District Harriers	MV45	46.52
5	Barry Thompson	Ledbury & District Harriers	S.M.	47.14
6	Mike Fawcett	Wye Valley Runners	MV40	47.21
7	John Pullen	Wye Valley Runners	MV40	47.32
8	Simon Norwood	Ludlow Runners	S.M.	47.38
9	Bill Lloyd	Hereford Couriers	S.M.	47.42
10	James Richards	Wye Valley Runners	S.M.	48.05
11	Jon Tetley	Hereford Triathlon Club	S.M.	48.30
12	Stacey Morgan	Croft Ambrey R.C.	S.M.	48.48
13	Andy Taylor	Hereford Triathlon Club	S.M.	49.28
14	Richard Hornsby	Croft Ambrey R.C.	S.M.	49.36
15	Eliot Taylor	Hereford Couriers	J.M.	50.03
16	Dan Barnett	Croft Ambrey R.C.	S.M.	50.08
17	Kevin Gummery	Wye Valley Runners	MV50	50.28
18	Dave Rouse	Croft Ambrey R.C.	S.M.	50.49
19	Dave George	Croft Ambrey R.C.	S.M.	51.02
20	Neil Lewis	Hereford Couriers	MV40	51.10
21	Ashley Cooke	Hereford Couriers	MV50	51.22
22	Simon Powney	Croft Ambrey R.C.	S.M.	51.28
23	Mike Link	Hereford Couriers	S.M.	51.32
24	Stafford Rees	Rhayader A.C.	S.M.	51.38
25	Glyn Williams	Presteigne Pacers	S.M.	51.39
26	Steve Herington	Hereford Couriers	MV60	51.48
27	Dave Williams	Hereford Couriers	MV45	51.59
28	Chris Law	Ledbury & District Harriers	MV40	52.43
29	Paul Elliott	Ludlow Runners	MV40	53.09
30	Kenny Styles	Croft Ambrey R.C.	S.M.	54.16
31	Russell Mapp	Ludlow Runners	MV50	54.18
32	Matt Taylor	Wye Valley Runners	S.M.	54.35
33	Gary Lewis	Presteigne Pacers	S.M.	55.24
34	Stuart Morrish	Hereford Couriers	MV40	55.26
35	Jon Smith	Wye Valley Runners	S.M.	56.10
36	Shaune Russell	Hereford Couriers	MV45	56.12
37	John Sandford	Wye Valley Runners	MV40	56.33
38	Ian Rivers	Hereford Triathlon Club	MV40	56.47
39	Stuart Hendren	Ludlow Runners	S.M.	57.02
40	Graham Wood	Ludlow Runners	MV50	57.10
41	Tom Davies	Croft Ambrey R.C.	MV60	57.33
42	Chris Mason	Wye Valley Runners	MV40	57.39
43	Geoff Kay	Hereford Couriers	MV55	57.45
44	David Horne	Ledbury & District Harriers	MV50	58.01
45	Kevin Barnes	Hereford Couriers	MV45	58.03
46	Demetris Charalambous	Croft Ambrey R.C.	MV45	58.26

